



Eastfield Primary Home School Handbook

Dear Parents and Carers,

Everyone at Eastfield appreciates what a strange and difficult time we are living in right now and the extra challenges that have been placed upon you for the education of your children. We want to be as supportive as we can and provide guidance on a manageable curriculum of activities that you can coordinate from your homes. Every week, we will be uploading a new weekly timetable to the [Year 1 curriculum page on the school website](#).

You will all have busy lives so we completely understand that you may not be able to follow this timetable rigidly. The times are merely a guide and the activities are suggestions. When at school, your children are accustomed to following a timetable day in and day out, so some form of daily learning routine could help them to feel secure in the coming weeks. We hope you will find this valuable. You will also be receiving weekly correspondence from your children's class teacher, by phone call. This communication will be useful to clarify any of the activities you are less sure about and help tailor the learning to your child's personal next steps.



Purple Mash

This is an online learning platform we are using and each child has an individual login and password. Teachers will communicate with pupils using the daily blog. Teachers may also set 'To Do's' for pupils to complete on Purple Mash. Click the icon to access the site.

Below is a list of more useful links that can provide free resources for you to use online or print at home. If you have not got access to a printer, some paper and pencils can help you to quickly reproduce the work sheets with help from your children.

Twinkl:

For at least the next month, Twinkl are offering free access to all their premium content. Go to the following link to sign up for an account <https://www.twinkl.com/offer> if you do not already have one. When you are signing up, use the promotional code UKTWINKLHELPS and then you can download any of the activities we suggest from the website.

Oxford OWL:

This website will be very valuable for helping you understand and support your children with learning phonics and reading. Again, it is free to sign up to and will also be a great resource for the future when school is back to its normal operation.

9:00-9:30 – Wake Up, Shake Up

It is an excellent idea to start the day in an active way, especially because your children will have less access to large outdoor spaces. If you have a garden, it would be nice to go explore and play some active games outside. You can also go for a walk or a bike ride around the local area as long as you are all careful about social distancing. Here is a list of great Youtube channels to try out if you want to get active in your homes. Just tap on the



button provided, or if you are on a computer, click on the button while holding down the Ctrl key.

[Jo Wickes Workouts](#): Jo Wickes has offered to do a daily PE lesson to be live streamed at 9:00 every morning. These workouts might be a bit long for children as young as yours but they will always be new and different, at least for the near future.

[Cosmic Kids Yoga](#): This channel is great for both exercise and mental health. There are lots of exciting themed videos that may hook your child's interest. There are videos of different lengths so you might choose to do one of the longer videos or a couple of the shorter videos.

[Move to Learn MS](#): This channel does exercise videos that mix in other learning like shapes, patterns and phonics. The videos are created by an American pair but they are still accessible to a UK audience. The videos are short so mixing a couple together would be great. You will learn which of these activities your children enjoy most and can decide together which to start your days with.

9:30-10:00 – Phonics and spelling

Phonics is the foundation of so much learning so it would be very valuable for your child to keep practising their letter sounds. Below, we have attached the letter mats that we use with the children at school for you to use during these activities. If you are struggling to understand phonics, or to relate sounds to letters, the [Oxford OWL](#) website is useful: Ruth Miskin is also offering daily phonics training which will be available for 24 hours on [facebook](#) and [YouTube](#). Another good resource is [PhonicsPlay](#). The timetable above has links to specific activities that support the Year One spelling curriculum, which the children enjoy using. Due to the current situation, PhonicsPlay is free to use at this time. To access the resources, login using the details below. Username: **march20** Password: **home** Mix and match the following activities over the week to help them read, remember and write the letters and digraphs.

Find that sound!

Suggest a letter name or sound and ask your child to point to it on the letter mat. If your child is a confident speller, suggest short three or four letter words and ask them to point at each sound they hear in order.

Write that sound!

Suggest a letter name or sound and ask your child to write it down on a piece of paper. If your child is a confident speller, suggest short words instead of individual sounds.

My Phase 2 Sound Mat

s 	a 	t 	p 	i 	n 	m 	d 
g 	o 	c 	k 	ck 	e 	u 	r 
h 	b 	f 	ff 	l 	ll 	ss 	

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My Phase 3 Sound Mat

j 	v 	w 	x 	y 	z 	zz 	qu 	
ch 	sh 	th 	ng 	ai 	ee 	igh 	oa 	
oo 	oo 	ar 	or 	ur 	ow 	oi 	ear 	
air 	ure 	er 						<small>twinkl visit twinkl.com</small>

My Phase 4 Sound Mat

st 	nd 	mp 	nt 	nk 	ft 	sk 	lt 
lp 	lf 	lk 	pt 	xt 	tr 	dr 	gr 
cr 	br 	fr 	bl 	fl 	gl 	pl 	cl 

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My Phase 4 Sound Mat

sl 	sp 	tw 	sm 	pr 	sc 	sk 	sn 
nch 	scr 	shr 	thr 	str 			

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My Phase 5 Sound Mat

ay 	ou 	ie 	ea 	oy 	ir 	ue 	ue 
aw 	wh 	ph 	ew 	ew 	oe 	au 	ey 
a-e 	e-e* 	i-e 	o-e 	u-e 	u-e 		

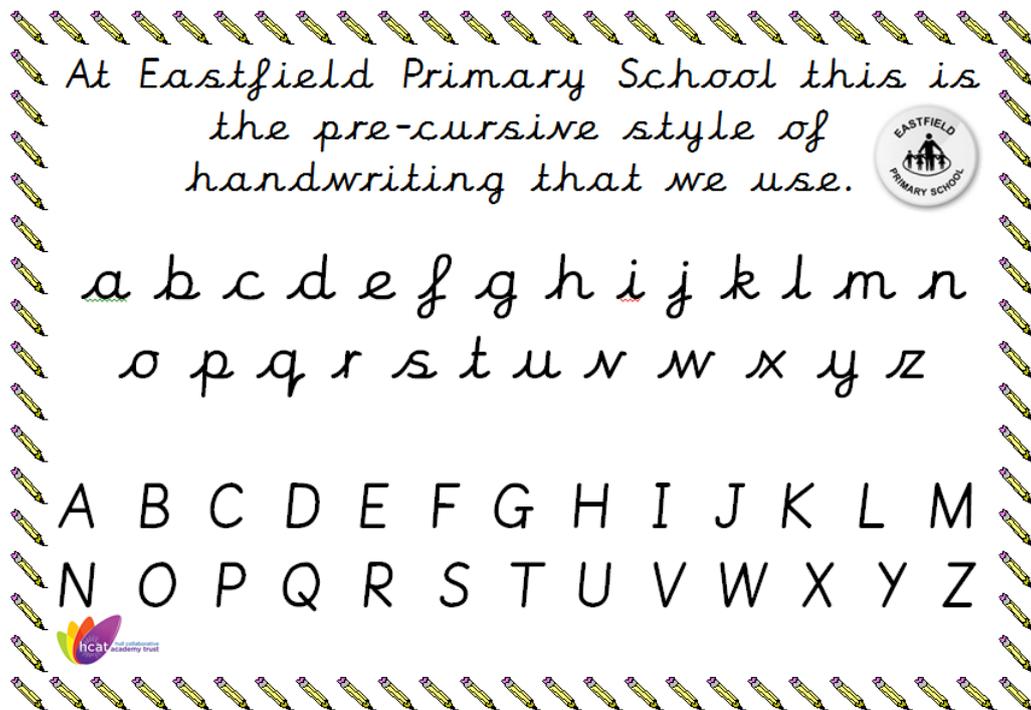
twinkl visit twinkl.com *even

10:00 -11:00 and 1:45-2:15 – Play Time

Playing is a big part of a child’s development. As such, it is important to find time for your children to explore their own interests. If you have the time, play alongside them and help them to expand their ideas. If they have siblings, this could be a valuable time to learn together.

11:00-12:00 – Let's Write!

Every week, we will send out some guidance on what to write about with your children. Some children will be able to write full stories or sentences. Some children will be able to write down a word for the picture. Other children may need a bit more support from adults to get their ideas down on paper. All children are different! If the explanation of these activities is unclear, ask the class teacher questions during your weekly learning phone call.



At Eastfield Primary School this is the pre-cursive style of handwriting that we use.

a b c d e f g h i j k l m n
o p q r s t u v w x y z

A B C D E F G H I J K L M
N O P Q R S T U V W X Y Z





13:00-13:45 – Number Time

Every day it is good to practise counting

Counting: The children have been practising counting in 1s, 10s, 5's and 2's. All the children have been learning how to count forwards and backwards in these amounts.

Number Facts: These are number facts up to 20 that the children have been learning to recall quickly, for instance 'What goes with 7 to make 20?' 'What number do you add to 9 to make 16?' Especially practise finding the pairs of numbers that add up to 10 and 20. We call these number bonds with the children.

Also try to practise doubling numbers up to 5+5, or up to 10+10 if your children are confident.

Some days these number facts will form the focus of Number Time. After some quick counting, there will be a suggested focus on some days. If the explanation of these activities is unclear, ask the class teacher questions during your weekly learning phone call.



NumBots

This is an online platform for younger children to boost number recognition and addition and subtraction skills through interactive games. Playing little and often will significantly improve your child's recall and understanding. We recommend playing for



about 5 minutes, three or four times per week. Click the icon to access the site. Click 'Schools', 'Pupils' then enter Eastfield to find our school site. Your child will have been given a Times Table Rockstars login to use here.

14:15-14:30 – Reading Time

Read daily with your child. The Oxford OWL website is very useful for this. Simply register online and you can have access to their library of eBooks. Many of these are the books we would use in phonics or send home with the children: <https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/>.



Children have access to **Bug Club**, our online reading platform where children can **Bug Club** read lots of ebooks which have been matched to their level. Throughout the books there are quiz questions for your child to answer. Teachers are able to see how well your child is progressing once questions have been attempted. Click the icon to access the site.

14:30-15:15 – Topic Time

To end every day, there will be a recommendation for different activities that will range between art, music, science, etc. These activities will be a fun opportunity for your children to explore how they can learn in their home environment. If the explanation of these activities is unclear, ask the class teacher questions during your weekly learning phone call